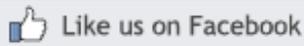


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## HC DrugFree is keeping Howard County *In the KNOW!!!*

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### Suicide Facts and Prevention Training

- A death by suicide happens every 12 minutes in the U.S.
- Suicide rates have gone up in every age group, but the rate is highest in adults between ages 45 and 64.
- Nine out of 10 people who attempt suicide and survive will not die by suicide later.

Register to attend free suicide prevention training sponsored by the Horizon Foundation. [Click here](#) for a printable PDF flier with dates and registration instructions, call 443-538-9909 or go to [www.grassrootscrisis.org/events/](http://www.grassrootscrisis.org/events/).

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### May is Mental Health Month

According to the National Institute of Mental Health, in 2017, roughly 19% of all adults in the United States were diagnosed with a mental illness. This translates to 46.6 million individuals age 18 or older.

The highest prevalence of mental illness, 25.8% of all diagnoses, occurred in young adults between 18 and 25 years. To learn more, [click here](#).

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### Today! Final 2018-19 Teen Advisory Council Meeting

HC DrugFree's Teen Advisory Council (TAC) will meet on Monday, May 13 from 5:30 p.m. to 7:00 p.m. at The Barn (Teen Center) in the Oakland Mills Village Center. TAC is open to all Howard County high school students. Please RSVP to [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org) if you plan to attend the meeting. Registration form required.

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### Most Police Do Not Carry Naloxone

Howard County Police carry Naloxone, the opioid overdose antidote, but this is not true of all police departments across the country. Many people argue that saving lives from overdose should be handled by emergency medical services and believe the cost of the drug is too high to arm everyone.

Naloxone is sold under brand names such as Narcan. [Click here](#) to read more.

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### A Local Family's Recovery Journey

A local parent wrote: My recovery journey began about 32 years ago. My 14-year-old son led me into action. He was skipping school and not obeying the rules of our home. I was reacting like a crazed mother. Mainly, I was worried sick about his actions and knowing that he was using substances. I was afraid for his life.

To continue reading, [click here](#).

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### **Big Tobacco: A New Generation Hooked**

Don't be fooled by the new, slick, and high-tech way to lure young people into using e-cigarettes, vapes, and other nicotine delivery devices. According to the Centers for Disease Control and Prevention (CDC), vaping rose by nearly 80% among high school students from 2017 to 2018.

[Click here](#) to read the New York Times article.

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### **6 Reasons Teens Turn to Alcohol and Drugs**

The first step to addressing your teen's or tween's substance use is understanding why and how into the trap of using these often dangerous items. [Click here](#) to read the rest of the article.

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### **More from Take Back Day**

Again, thank you to the Howard County community for bringing your expired and unwanted prescription and over-the-counter medication and sharps (needles, syringes and EpiPens) to HC DrugFree's drive-thru collection on Saturday, April 27. Thank you to our partners (especially the Howard County Police Department), sponsors/funders, supporters, and adult and student volunteers!



Pictured above: Representing Wegman's, one of the event sponsors, Dan Morrow and Emily Schillforth.

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### **Network of Care**

If you have mental health or substance use concerns, visit the Network of Care to find what you need. It helps ensure that there is "No Wrong Door" for those who need services.

For information about services, laws, communication tools, and more, [click here](#).

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### **Donate or Sponsor Events**

HC DrugFree depends upon the generosity of individuals, PTSAs/PTAs, organizations and businesses in the community to support our free services to the community. Please donate today. Any size gift is welcome. Consider contacting us to sponsor an event or

make a one-time or monthly donation. Thank you for your support.

HC DrugFree is a 501(c)(3). [Donate online](#) or mail checks to HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044. For more information, contact HC DrugFree's Executive Director, Joan Webb Scornaienchi at [Joan@hcdrugfree.org](mailto:Joan@hcdrugfree.org) or 443-325-0040.

## HC DrugFree Educational Materials Available in Multiple Languages

Contact us to let us know what resources you need.



Howard County Police Department  
Police Emergency.....911  
Non-Emergency Line .....410-313-2200  
Drug Activity Tip Line ..... 410-290-DRUG  
Anonymous Tip Line.....410-313-STOP

*Three out of four people using heroin began with the use of prescription medication.*  
Get expired and unwanted medicines out of your home! For proper disposal locations, contact:

**HCDrugFree**  
Empowering the Community

[www.hcdrugfree.org](http://www.hcdrugfree.org)  
443-325-0040



For more information, contact  
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[www.hcdrugfree.org](http://www.hcdrugfree.org)

**Donate**

